



## **H-PLUS Function Exercise: RESTORATIVE SLEEP**

### **Function Command: PLUS-HEAL, HEAL**

#### **Purpose:**

This is your H-PLUS Function exercise to learn to heal and restore yourself during sleep.

#### **Application:**

For those who need strong and intense recuperation from any body dysfunction – illness, injury, surgery and similar conditions. It helps produce healing patterns in critical areas and re-introduces normalcy throughout the system. Use as early as possible after the onset of the problem, both at night and during daytime naps.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- **RESTORATIVE SLEEP** may enhance other H-PLUS Functions such as: **TUNE-UP, SHORT FIX, and CIRCULATION.**

## Please Note:

- H-PLUS is a system of learning, and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.

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